



Canvas

CLASSICS

2011
CALENDAR

alzheimer's  association®



Benjamin

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER '10

S M T W T F S
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FEBRUARY

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NEW YEAR'S DAY

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MARTIN LUTHER
KING, JR. DAY

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JANUARY
2011

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GROUNDHOG DAY

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LINCOLN'S
BIRTHDAY

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VALENTINE'S DAY

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PRESIDENTS' DAY

WASHINGTON'S
BIRTHDAYFEBRUARY
2011

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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13	14	15	ASH WEDNESDAY	16	17	18	19
DAYLIGHT SAVING TIME BEGINS	20	21	22	23	24	25	26
FIRST DAY OF SPRING	27	28	29	30	31		
ST. PATRICK'S DAY							

MARCH
2011

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MARCH

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MAY

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PALM SUNDAY

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FIRST DAY OF
PASSOVER

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EARTH DAY
GOOD FRIDAY

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EASTER

APRIL
2011
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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MOTHER'S DAY

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ARMED FORCES
DAY

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MEMORIAL DAY



APRIL

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JUNE

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MAY
2011

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY <small>S M T W T F S</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY <small>S M T W T F S</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2	3	4
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FLAG DAY

FATHER'S DAY

FIRST DAY OF SUMMER

JUNE
2011

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Summer Concert by Paul Elinoff. Courtesy: LGL/Lehigh Valley Workshop, 2010

JUNE

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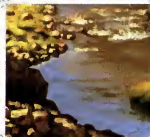
31

INDEPENDENCE
DAYJULY
2011

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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JULY
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SEPTEMBER
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AUGUST
 2011

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

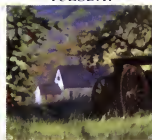
SATURDAY

AUGUST

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OCTOBER

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LABOR DAY

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PATRIOT DAY
GRANDPARENTS'
DAY

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WORLD
ALZHEIMER'S DAY

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FIRST DAY OF
AUTUMN

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ROSH HASHANAH

SEPTEMBER
2011

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SUNDAY

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WEDNESDAY

THURSDAY

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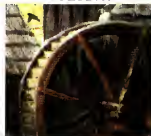
SATURDAY

SEPTEMBER

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NOVEMBER

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YOM YIPPUR

COLUMBUS DAY

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HALLOWEEN

OCTOBER
 2011

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SUNDAY

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OCTOBER

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DAYLIGHT SAVING
 TIME ENDS

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ELECTION DAY

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VETERANS' DAY

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THANKSGIVING
 DAY



DECEMBER

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NOVEMBER
 2011

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SUNDAY

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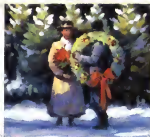
SATURDAY

NOVEMBER

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JANUARY '12

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PEARL HARBOR
REMEMBRANCE
DAY

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HANUKKAH
BEGINS

FIRST DAY OF
WINTER

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CHRISTMAS

KWANZAA

NEW YEAR'S EVE

DECEMBER
2011

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10 SIGNS OF CAREGIVER STRESS

1. **DENIAL** about the disease and its effects on the person who has been diagnosed. "I know Mom's going to get better."
2. **ANGER** at the person with Alzheimer's or others that no effective treatments or cures currently exist and that people don't understand what's going on. "If he asks me that question one more time, I'll scream."
3. **SOCIAL WITHDRAWAL** from friends and activities that once brought pleasure. "I don't care about getting together with the neighbors anymore."
4. **ANXIETY** about facing another day and what the future holds. "What happens when he needs more care than I can provide?"
5. **DEPRESSION** begins to affect the ability to cope. "I don't care anymore."
6. **EXHAUSTION** makes it nearly impossible to complete necessary daily tasks. "I'm too tired for this."
7. **SLEEPLESSNESS** caused by a never-ending list of concerns. "What if she wanders out of the house or falls and hurts herself?"
8. **IRRITABILITY** leads to moodiness and triggers negative responses and reactions. "Leave me alone!"
9. **LACK OF CONCENTRATION** makes it difficult to perform familiar tasks. "I was so busy, I forgot we had an appointment."
10. **HEALTH PROBLEMS** begin to take their toll, both mentally and physically. "I can't remember the last time I felt good."

**SHARE THIS WITH A
CAREGIVER YOU KNOW!**

WAYS TO REDUCE CAREGIVER STRESS

- Know what resources are available in your community.
- Become educated about Alzheimer's disease and caregiving techniques.
- Get help from family, friends, and community resources.
- Take care of yourself by watching your diet, exercising, and getting plenty of rest.
- Manage your level of stress by consulting a physician and using relaxation techniques.
- Accept changes as they occur.
- Engage in legal and financial planning.
- Be realistic about what you can do.
- Give yourself credit for what you have accomplished; don't feel guilty if you lose patience or can't do everything on your own.

JOIN THE CAUSE

The Alzheimer's Association invites you to participate in our efforts to improve the lives of people with dementia and to create a world without Alzheimer's disease.

- **VOICE.** Join our cause and become one of the many whose voices are a powerful tool for progress and hope.
- **OPEN.** Your gift makes a difference in the lives of people with dementia and supports research to improve treatment, care and prevention strategies.
- **MOVE.** MemoryWalk® is our annual nationwide fundraising and awareness raising event.
- **ACT.** Contact your local chapter and join the more than 35,000 volunteers whose services are critical to every program and initiative of the Association.

TAKING CARE OF YOURSELF

Living with Alzheimer's means dealing with some life changes sooner than you had anticipated. You can live a meaningful and productive life by taking care of your physical and emotional health, by engaging in activities you enjoy and by spending time with family and friends.

CARING FOR YOUR PHYSICAL HEALTH
can improve the quality of your life for years to come.

- Get regular checkups.
- Take your medication.
- Eat healthy foods.
- Exercise every day.
- Rest when you are tired.
- Drink alcohol in moderation.

CARING FOR YOUR EMOTIONAL HEALTH
It is important to find ways to manage the wide variety of emotions you might experience.

For example, you might:

- Keep a journal about your experiences and feelings.
- Join a support group/See a counselor.
- Talk to a clergy member or other person who can help with your spiritual needs.
- Do the activities you enjoy as long as you are able.
- Share your feelings with your friends and family or participate in our Alzheimer's Association online community.

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Canvas CLASSICS

This calendar was designed especially for you for your support of the Alzheimer's Association. A collection of beautifully painted images greet you each month in this special-edition calendar for 2011. Each one harkens back to days gone by and of times enjoying the simple things in life—a winter's skate, a peaceful meadow, and a concert in the park on a warm summer afternoon.



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